

IFast Diligently



HAMIDAH JAUHARY

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I FAST DILIGENTLY

By:

Hamidah Jauhary

Editors:

Regina Nopia Helnaz

Imran Laha

Published by Kanak

Jl. Sawo Raya No. 18 Rawamangun

Jakarta Timur 13220

kanak@bumiaksara.com

www.bumiaksara.com



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IFast Diligently

STORIES &
KNOWLEDGE
ABOUT
FASTING

HAMIDAH JAUHARY





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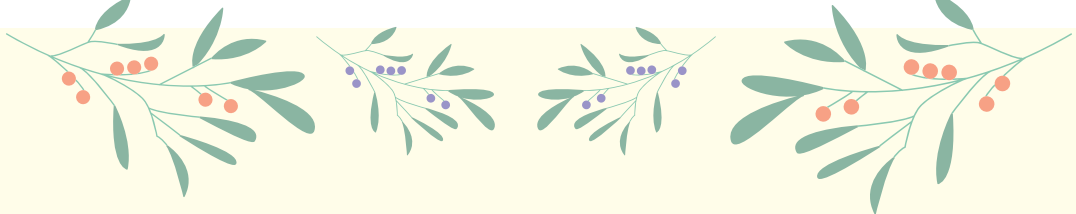


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The illustrations in this book do not depict actual figures; it only aims to help readers to understand the contents of the book better.

We present this book to children and parents. In the making process, the editorial team is just ordinary humans who possess errors. Therefore, we really appreciate any criticisms and suggestions from readers can be e-mailed to kanak@bumiaksara.com so that this book can be better in the future.



BAB 1

FASTING IS A SIGN OF FAITHFULNESS



One day during
Ramadan

Ouuuuuch...
I'm hungry...



Acil, I will go to
the market.



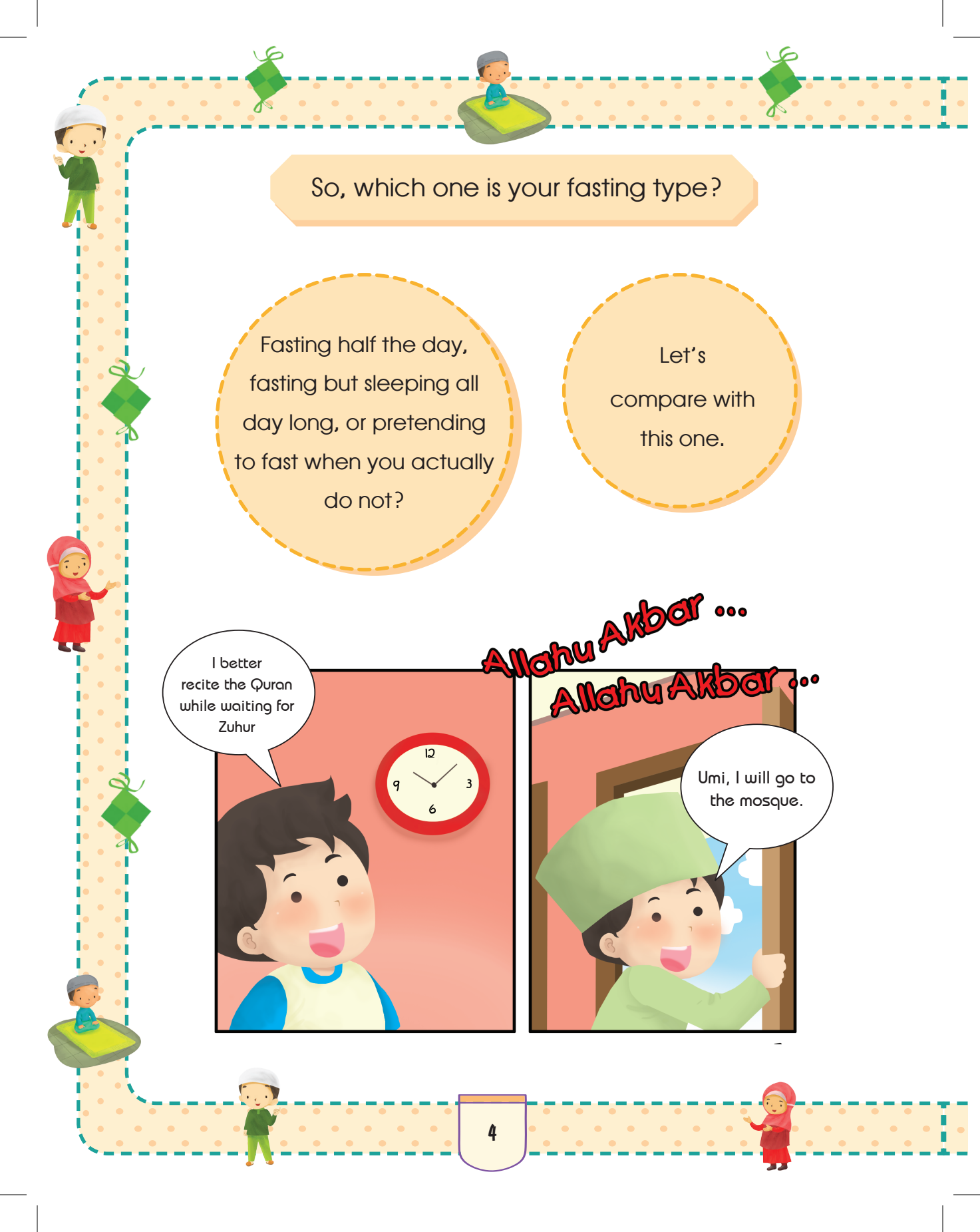
When Magrib arrives, all
members of the family do
not know Acil has broken
his fast since morning.





Iban, wake up.
It's already noon.






So, which one is your fasting type?

Fasting half the day, fasting but sleeping all day long, or pretending to fast when you actually do not?


Let's compare with this one.



I better recite the Quran while waiting for Zuhur

Allahu Akbar ...

Allahu Akbar ...



Umi, I will go to the mosque.

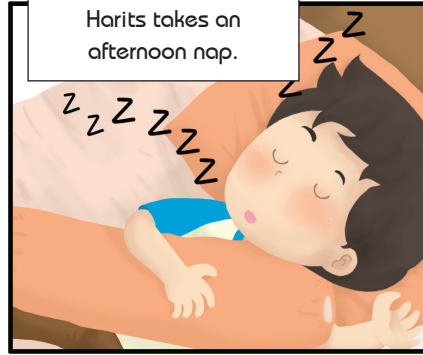


After going back from the mosque

Taking an afternoon nap for a while, so I won't run out of energy.



Harits takes an afternoon nap.



Allahu Akbar ...

Allahu Akbar ...

Asar adhan resounds, Harits prepares himself to go to the mosque.



Allahu Akbar ...
Allahu Akbar ...

Magrib adhan resounds, Harits and his family break their fast happily.



Isn't it different? Harits is a person who diligently fasts. He knows that fasting during Ramadan is a must. He is also good at managing his time so that his fast becomes more perfect.

Before going any further, do you know what fasting means? In Islam, fasting comes from the Arabic word "shaum". Shaum means refraining oneself from hunger and thirst, as well as other things that can invalidate the fast. Fasting time starts from the dawn up to the rising of sunset.

Why do we have to fast?





Let's pay attention to the following verse from Quran:

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous." (Q.S. Al-Baqarah: 183)

Well, in the verse, it is explained that fasting is mandatory. What the verse means by mandatory fasting here is fasting in the month of Ramadhan. **Fasting in the month of Ramadhan is mandatory for all Muslims in the world, both men and women who have experienced puberty or adults.**





In the verse, it is also explained that the purpose of making fasting mandatory is so that we can be devoted. It is because those who fast usually tend to feel they are watched by Allah, so they are afraid to commit sin.

What is a devotion? Devotion is one's obedience to Allah. That person will carry out Allah's commands as best as possible and keep themselves away from things that are forbidden by Allah.

Of course you know that fasting is one of the pillars of Islam, the fourth pillar of Islam.



Do you still remember what the pillars of Islam are?



Let's read the next page!



Here are the five pillars of Islam:

1. Sincerely reciting the Muslim profession of the faith (shahadah)



3. Paying an alms (or charity) tax to benefit the poor and the needy (zakat)



5. Pilgrimage to mecca (hajj)



2. Performing ritual prayers in the proper way five times each day (salat)



4. Fasting during the month of Ramadan



Fasting can also prevent us from every form of disobedience. As Rasulullah saw. has stated below:

"Fasting is a shield."

(Abu Hurairah)